It's Not Weight Loss

It's Fat Loss!

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Turn Your Body Into a Fat-Burning Machine

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It's not WEIGHT Loss, It's FAT Loss!

Why is the whole world talking about weight loss, when it's actually fat loss to which people are referring?

You may think that this is just being pedantic. However, take a few minutes to understand why I have spotted some major flaws with this term – that can be harmful to your fat loss efforts. Firstly it's possible to lose "fat" and gain "weight". How? Because when you do weight training to burn fat (which you absolutely should consider if you're not doing so already), you build muscle. Muscle is more dense than fat, so you may be weighing yourself to measure progress, and be putting on "weight" but actually losing fat.

This is detrimental to your FAT loss goals for 2 main reasons;

1) If you are losing weight, it may be that you're losing muscle as well as fat – which is not good, as you need to be building muscle to burn calories (explained later). Dehydration can also lead to "weight loss" – which is terrible for your body and FAT loss efforts.
2) If you're gaining "weight", but in actual fact, losing body fat - a good thing - then this can have a harmful effect on your psychology – you'll be thinking that you're not making any progress, when in fact you are. However, you think that you're not, and this affects your motivation. When your motivation is affected, you can return to old habits and at worst give up aiming for that physique you desire.

So bin the scales! If you would like to measure results, there are better indicators to measure progress. As an example, you can measure your waist line, chest, arms, bottom etc, or use a body composition monitor. You can also take photos during the course of your fitness regime from consistent angles and distances.

I've comprised a 50 bullet point Q&A guide to fat loss: The most concise guide to fat loss that you will find on the internet.

1. Why fat loss as opposed to weight loss? Why did I come up with this?
    a. I gained 3 kilos (6.5 pounds) but my waist line shrunk and I clearly lost fat around my face, belly and chest region.
    b. I gained muscle through strength training – and muscle is denser than fat so can weigh more.
    c. Some diet programs require you to weigh yourself at set intervals which to me seems like a ridiculous measure of your success as you could be gaining muscle through training which helps to burn off fat. If you appear to be gaining weight, or at least not losing weight (due to muscle gain) this could have a negative effect on your mind, which in turn can affect your **fat** loss goals
2. What is wrong with muscle loss?
    a. If you lose muscle mass as well as fat, you will also slow down your metabolism, or technically, your Basal Metabolic Rate (BMR) as muscle plays an important part in burning calories.
3. How does muscle burn calories?

   a. Through damage and repair. Muscle is more metabolically active than fat. A body builder will actually burn off calories whilst he is sleeping (or she) as they have a high BMR
4. How do you lose muscle mass?
   a. By going on typical fad diets that deprive your body **and organs** of key nutrients and a sufficient mix of protein, carbohydrates, fat and fibre
   b. By doing hours of long distance cardiovascular training not supplemented with weight training
5. How does long distance cardiovascular exercise lead to loss of muscle?
   a. Studies have shown that after an hour of training, the catabolic hormone, cortisol, is released (which is also the stress hormone) and this plays a big part in breaking down muscle protein.
6. How should I go about my cardio training then?
   a. Simples. It's called High Intensity Interval Training – where you pick an aerobic exercise, say running / cycling / swimming and push yourself to full intensity/90% for 30 seconds, then rest for a minute or so at a steady pace, then crank it up again and repeat 5 or 6 times, for at least 15 minutes, **maximum 20 minutes**.
   b. It's difficult to begin with, start with 1 or 2 sprints, and build up slowly
7. Why is high intensity training better than steady paced cardio training?
   a. You strengthen muscle, instead of lose muscle which helps to burn calories
   b. You increase your lung capacity and heart stroke volume which lowers your pulse, making you feel fitter, which in turn makes you feel more energised and happier
   c. It's less boring and takes up less time (2-3 times a week, for a maximum of 20 minutes at a time)
   d. It increases your BMR for up to 2 days afterwards, whereas steady-paced cardio increases your BMR for up to 2 hours afterwards. Therefore you burn more calories for up to **2 days after** your workout.
   e. If you do this 3 times a week, you're effectively increasing your metabolism 24/7.
8. I've heard that long distance cardio involves burning more calories during exercise. Is this not true?
   a. Absolutely, but after a few hours, your metabolism goes back to normal.
9. I've also heard that cardio first thing in the morning is best as you're in a catabolic state so you burn calories almost immediately?
   a. This is also true, but the catabolic state means that you also break down muscle tissue almost immediately, so it's best to have a protein intake of some kind beforehand if you do choose to do this
10. How does weight training burn calories?
   a. High resistance weight training damages muscle tissue
   b. Over the next few days, your body expends calories repairing muscle tissue, much the same as it does repairing a wound.
   c. A few days later, your muscles go into hypertrophy phase which is when your muscles strengthen/tone/grow
   d. Your body can burn calories for up to 7 days after weight training
11. I don't want to become Arnold Schwarzenegger, so how does this apply to me?

a. By understanding the science behind muscle repair and growth, and how weight training is used for fat loss, you will become far more efficient at expending calories and burning fat
b. You do not need to become a body builder, rather become more toned, and it increases your BMR. Women, don't be afraid!

12. What's the best way to go about weight training?
    a. Compound exercises (which span over a number of muscles) twice a week (spaced evenly apart) to allow your muscles time to repair
13. Which exercises are best at burning calories?
    a. Compound exercises using the largest muscles. Pick 2 of these, twice a week:
        i. Barbell Squats
        ii. Dead lift
        iii. Close Grip Pull Down
        iv. Bench Press
14. I'll get bored of these, can you suggest some more?
    a. If you want to mix it up a bit, try the following:
        i. Lunges
        ii. Step-ups
        iii. Incline bench
        iv. Press-ups
        v. Pull-ups
        vi. Chin-ups
        vii. Push-ups
        viii. High pulls
15. How many of each, how heavy, repetitions, sets etc?
    a. Aim to do 3 sets of 8 repetitions (reps) so your last one is to failure.
    b. Adjust weights according to how strong you are, so you can manage the above.
16. I hate going to the gym. Do you have any suggestions of exercises that can be done at home?
    a. I do too. They're boring aren't they? Below is a table of the exercises I personally do at home, twice a week. Adapt the numbers to your own strength and ability:

Exercise	**Set 1**	**Set 2**	**Set 3**	**Set 4**
Bodyweight Squats	35	20	15	To exhaustion
Press-Ups	40	25	15	To exhaustion
Lunges	30 per leg	20 per leg	15 per leg	To exhaustion
Pull-Ups	10	8	6	To exhaustion
Sit-ups	40-50	30-40	20-30	To exhaustion
Plank hold	60 seconds	45 seconds	30 seconds	To exhaustion

Body Weight Squats

Press Ups

N.B. When doing press ups: Remember to keep your body as straight as possible, with your hands just over shoulder width apart. On the negative movement, lower your whole body so your nose is practically touching the floor and then fully extend. To mix up your press ups you can do one or two sets with your hands together forming a diamond. This uses a different set of muscles in your chest. Ladies generally prefer to rest their knees on the floor as it does not require as much body strength.

Lunges

Dumb Bell Lunges

Pull ups

Pull ups are very difficult. Don't be surprised if you can barely do one. However, they're an excellent way of strengthening a very wide group of muscles in your shoulders, back, biceps and stomach. This is an example pull up with arms wide apart (known as a wide-grip pull up). It can also be done with your hands just over shoulder width apart. These are said to be better for you than having your palms facing you by grabbing the other side of the bar. If you do these in the gym, there is often the option to have a counter balance – easier for ladies.

Sit ups

There is a wide range of sit ups that strengthen different sets of abdominal muscles. An abdominal ball/pilates ball is an excellent purchase if you're keen to build up your abs. They're kinder to your back and there is a wide range of abdominal workout activities you can do with it. They're also great for your posture if you sit at a desk for long periods of time!

The Plank Hold

This is excellent for your core strength. Rather than just holding in the above position for as long as you can, you can mix it up by raising each leg alternatively. You should do the plank

hold three times. As your core strength increases, you'll be able to hold this position for longer.

17. Ok, that's enough about exercise, I'm bored now. How many calories should I be consuming to lose weight?
    a. **STOP counting calories**! You don't have to count calories. The key is to address **what you eat**, and the **frequency at which you eat.**
18. Do go on…
    a. Whilst it's useful to have an idea of your own daily calorie consumption, in order to gauge how much to eat, you should not be looking at the calories of everything as this will turn into a fad diet, depriving yourself of the right types of food, and you'll end up piling the fat back on
19. How often should I eat?
    a. Simply put, 6 smaller meals a day is far better for your metabolism than 3 larger meals a day. Reason being is that if you wait for several hours between meals, your body thinks it's starving, and enters starvation mode.
20. What's wrong with starvation mode?
    a. Your body is unaware of when your next meal will arrive, and in response slows your BMR slows right down to preserve energy, thus you burn calories slower
    b. Your blood sugar levels drop
    c. Your body starts to store fat to be used for energy at a later stage (for survival)
    d. When your next meal arrives, your body turns as much of that into fat (for survival)
    e. As you're hungry, you'll be tempted to binge, typically high GI carbs which cause your blood sugar levels to peak, which results in a release of the hormone, insulin.
    f. The more you binge, the more insulin you'll release, and the more your body will end up storing – this cycle can lead to Type II Diabetes.
    g. Your energy levels plummet and your brain releases fewer chemicals which are responsible for motivation, enthusiasm, creativity etc.
21. What's all this about blood sugar and insulin and high GI foods?
    a. When you eat carbohydrates that are high GI (High Glycemic), your blood sugar levels increase and the pancreas secretes a hormone called insulin to remove the excess sugar from your blood and deposits it into fat stores, muscle glycogen stores, or liver glycogen stores.
22. What is the Glycemic Index?
    a. This was devised to treat people who suffer from diabetes and simply put, comprises 3 levels; Low, medium and high.
23. How does each level of GI affect blood sugar and insulin?
    a. Typically, low GI carbohydrates maintain steady blood sugar levels, whereas those which are high GI, cause blood sugar levels to peak, and thus an insulin release which leads to fat storage
24. Is there a good time to eat high GI foods?

a. Yes, straight after you have done an intensive workout, when your muscle glycogen stores are depleted, so insulin secreted in response to a high GI carbohydrate meal will push the excess blood sugar and other nutrients into your **muscle cells**. This helps promote muscle protein synthesis (recovery).

25. So which carbohydrates are high in hi GI and which are low GI?

HIGH GI CARBS	LOW GI CARBS
White potatoes	Sweet potatoes
White Pasta	Oatmeal
White & Brown Bread (brown is better if you must eat it)	Sprouted grain bread
Most breakfast cereals (unless they're made from whole oats)	Brown rice
Cooked carrots	Quinoa
Bananas	Spelt
	Barley
	Millet
	All other fruit & vegetables

26. I've heard that brown bread is healthy, and many breakfast cereals say they're whole grain, so surely they're good for me?
    a. Regarding brown / granary bread, it's certainly much healthier than white with more fibre, and few artificial flavours, sugars and preservatives, but is still a high GI carb, meaning consumption of such **raises blood sugar levels when eaten in isolation**
    b. Most breakfast cereals are 'fast carbs' meaning they give you a quick boost of energy, and raise your blood sugar levels so it's best to avoid these and consume, say porridge, with some kind of protein
27. What do you mean by eating 'in isolation?'
    a. The GI Index relates to the carbohydrate source when consumed by itself. If you combine it with some kind of protein, healthy fat and/ or fibre, you can regulate blood sugar levels.
        i. For example – bananas are a very healthy fruit and high in fibre, so combine one with nuts (high in protein) and cottage cheese (high in protein) for example.
        ii. You could start off the day with a piece of whole grain toast (which is high GI) but combine it with organic free range eggs for example, and you'll regulate your blood sugar response.

28. Protein? At breakfast?
    a. Whilst it's natural to reach for the cereals or bread, you'll lose fat more quickly, by sticking to a protein breakfast and **get your carbs from fruit and vegetables**.
        i. Kick start the day with an omelette for example with cheese, onions, and chopped up chicken sausages or pork sausages and you'll be energised for hours.
29. What's all the hype about organic food?
    a. Organically raised food (meat, diary, produce, grains, etc.) is produced without the use of pesticides, fertilisers, hormones, antibiotics or other artificial chemicals.
    b. If you want to lose stubborn body fat, then do your utmost to base your diet around as much organic food as possible
30. But organic food is so expensive?
    a. In the US, conventionally raised cows are fed growth hormones. These growth hormones, high in oestrogen, fatten up the cows. This oestrogen is passed through to the meat that you eat and the milk that you drink, which then affects the balance of hormones in your body
    b. If the animals are not fed with growth hormones (It's illegal in Europe), they are fed grains (which they weren't designed to eat) and these are high in **xenoestrogens** (oestrogen-mimicking compounds) which again, lead to an imbalance of hormones in your body, namely excess oestrogen
    c. Pesticides and fertilisers which animals feed on, often contain **oestrogenic compounds** which can lead to an imbalance of hormones in your body, namely too much oestrogen – not good for women, as well as men
    d. Excess oestrogen has been linked to many forms of cancer including breast cancer which is on the rise at an alarming rate, an increase in the cases of 'man boobs' (also on the rise at an astonishing rate) and men's sperm counts over the last 50 odd years have also dropped considerably due to excess oestrogen.
    e. I hope I've summarised why it's absolutely worthwhile to spend that little extra on organic food.
31. But I'm a woman, why will an excess in oestrogen affect me?
    a. As already mentioned, excess oestrogen has been linked to many forms of cancer including breast cancer.
    b. Excess oestrogen throws off the oestrogen and progesterone balance in women which creates metabolic problems and leads to the storage of stubborn belly fat
    c. Women with excess oestrogen suffer breast tenderness
    d. Excess oestrogen can induce the early onset of periods in teenage girls and affect the monthly cycle
32. The thought of oestrogen in foods is a very scary thought. I've heard that it's in the water supply, is this true?
    a. Depending on where you live, yes, this is can be true. This is due to the above, as the waste from animals makes its way through to lakes and rivers, but largely down to the female contraceptive pill. The majority water purification centres do not have the capability of completely removing the oestrogen from the water, so this is circulated through to the water that we drink.
    b. Fish and frogs are reported to be changing sex in lakes and rivers, crocodiles' penises are reported to be shrinking – whilst their lives are spent in water, you can begin to understand the effect it can have – **and is having** - on humans.
33. I guess bottled water is the way forward then?

a. It's not as simple as that unfortunately, as many polycarbonate containers release 'phthalates' into the contents which are oestrogenic chemicals, especially when warmed up, **unless they are BPA (Bisphenol A)free – look out for that.**
b. Purchase a reverse osmosis water filter and fit it in your home as this appears to be the only kind of filter that extracts the oestrogen from the water
c. Drink water from bottles, a Camelbak, Sagg or anything BPA-free.

34. It sounds virtually impossible to escape oestrogenic compounds. Can anything be done to fight them?
    a. Great question. Yes they can; there are various vegetables known to comprise indole-3 Carbinole (IC3) , which are excellent oestrogen inhibitors;
        i. Cruciferous vegetables (the cabbage family): broccoli, bok choi, collard greens, brussels sprouts, radishes, cauliflower, kale, kohlrabi and rutabagas
        ii. Fibrous foods reduce the time the bowel has to absorb oestrogens in food. It also binds itself to oestrogen in the gut and removes it from the body. Almost all types of fruits and vegetables are high in fibre, particularly in the skins of fruits.
        iii. Beans, legumes, garlic and onion contain methionine which is reported to transfer oestradiol, to oestriol - a weaker form of oestrogen
        iv. Spices – namely Turmeric and black pepper are proven to reduce the effects of oestrogen in the body. Turmeric, which contains curcumin blocks oestrogen receptors, so lowers the chance of absorption
35. How else can I reduce exposure to oestrogen?
    a. Look out for creams, shampoos, shower soaps and deodorants that contain parabens. These contain oestrogen-mimicking compounds or xenoestrogens and the skin absorbs them, much like your stomach.
36. Earlier you included fats as part of your body's requirements (along with carbohydrates, proteins and fibres). I thought fat was bad. How are fats, healthy?
    a. Your body needs **healthy fats** to function properly and there are a number of healthy fats derived from plants and **grass fed** animals
        i. Healthy
            1. Plant bases fats – if they are **minimally processed**
                a. Saturated fat**: coconut oil, palm oil or cocoa butter** = good
                b. Monounsaturated fat (not reactive to light): **avocado, extra virgin olive oil (at low heat), almonds, macadamia**s = good
                c. Polyunsaturated fats in **raw** form – nuts and seeds **= good**
            2. Animal – from grass fed meats / organically raised animals
                a. Polyunsaturated **- some forms** are healthy, such as those derived from **wild** fish including Omega-3 and Omega-6 – the "essential fatty acids". **Farm-raised fish** are found to comprise an unhealthy ratio of Omega-3 to Omega-6, in that they are too high in Omega-6. **The same goes for eggs** – **pick organic.**
                b. Polyunsaturated fats are unstable under heat and light so the best form of such are from carefully extracted fish oil, namely **Krill Oil**.
                c. Freshly ground **flax seeds, fish oil, wild salmon, other wild fatty fish** and **grass feds meat** are all a great way of maintaining a healthy Omega-3 to Omega-6 polyunsaturated balance.
        ii. Unhealthy

1. The two hidden enemies of fats are high fructose corn syrup (HFCS) and trans fats; They're both highly modified from their natural state and must be avoided at all costs.
    a. HFCS is found in most sweetened products on the market; sodas, breakfast syrups, fruit juices, ketchup, sweetened cereals, cakes, cookies , cakes, pasta sauces, barbeque sauces. Look out for it in the ingredient and steer clear!
    b. Trans fats are **hydrogenated oils, margarine**, shortening. The hydrogenated process completely alters the chemical make-up through bleaching, extreme temperature, pressure, and metal catalysts making their natural state similar to an industrial oil rather than to be an oil to be consumed as food. Vegetable oils are mostly hydrogenated oils. Most processed foods contain hydrogenated oils and preservatives so (again) avoid these like the plague as well as chips, crisps, anything cooked in batter – PURE EVIL!! Do away with margarine and eat pure, organic butter, instead.
2. Polyunsaturated – soybean, corn, cottonseed oils – be careful as these have led to heart problems and obesity
3. Polyunsaturated fats are highly reactive to heat and light and become toxic when heated – typical of most processed foods on the market today. **Steer clear of processed foods!!**

37. Which oils should I cook with then?
    a. Different oils react differently heat. Typically coconut or palm oil or butter are better if you're cooking up to 375 degrees. If you can avoid frying, and stick to grilling, steaming or boiling, that would be healthier still.
    b. If you're consuming them raw, then extra virgin olive oil is best and it contains antioxidants as well. One or two teaspoons goes along way on salads.
38. What's the truth about dairy?
    a. Milk from all large supermarkets and grocery stores, goes through homogenisation and pasteurisation.
    b. Milk fat is a very healthy natural fat, but ONLY when it's in the form of raw whole milk from grass-fed free range cows. Unfortunately, pasteurising and homogenising the milk fat (heating it and breaking it up into very small particles, respectively) removes the very healthy components of raw milk and this is believed to result in negative effects in the body.
    a. Stick to organic milk, skimmed milk as much as possible unless you can find raw milk
39. What about other forms of dairy, like yogurt?
    a. Yogurt, cottage cheese (also great form of protein), ricotta cheese, and other cheeses are all very healthy forms of dairy but consume sensibly.
    b. Yogurt is one of the healthiest foods when live cultures of *acidophilus* and B*ifidus* are present. These are "good" bacteria and beneficial to the colon. These friendly bacteria are necessary to produce several vitamins and for healthy digestion. They also help to prevent and treat yeast infections.
    c. Most people who are lactose-intolerant (cannot digest milk) can consume yogurt with no negative effects. Yogurt is digested more easily than milk because the live cultures create lactase, the enzyme that lactose-intolerant people lack.
    d. Yogurt can only be as healthy as its source. When buying yogurt, always choose an organic brand, which will be free of antibiotics and rBGH. Also pay

close attention to the sugar content. Plain yogurt will have the lowest sugar content, and fruit-added or sweetened yogurt will have the greatest amounts.

40. Is there anything natural I can take to help with my fat loss efforts?
    a. Green tea and Oolong tea; I'm a huge advocate of green tea since reading Mike Geary's **Truth About Abs** and other credible sources such as the **Diet Solution Program** and **PsychologyToday.com** In fact, I think I should be sponsored by all makers of green tea as I preach about it so much and hardly drink normal tea or coffee anymore. Five reasons to drink green tea and oolong tea:
        i. It lowers the rate at which your body absorbs carbohydrates, thus helps to maintain healthy blood sugar levels, and reduces insulin spikes
        ii. It boosts your metabolism
        iii. It's an excellent antioxidant – natural colon cleanser
        iv. It converts fat to energy, which means that it helps to burn fat
        v. Reduces the effects of oestrogen
    b. As well as for fat loss, green tea has other added benefits;
        i. Studies have shown that it can help prevent neurological degenerative disorders such as Alzeimers
        ii. It improves your memory and concentration
    c. Drink green tea every morning first thing and include it with every meal until about mid-afternoon so it doesn't affect your sleep (as it contains caffeine)
    d. Steer clear of green tea supplements – what's the point when you can make it cheaply and easily – always go organic and with leaves if possible.
    e. There are more natural foods to help burn fat, such as acai berries and blueberries.
41. What role does water play in fat loss?
    a. 4 reasons to drink lots of water:
        i. It helps your body metabolise stored fat
        ii. It's essential in ridding your body of waste
        iii. It's a natural diuretic
        iv. It's a natural laxative
42. I've heard mixed views about Soy, what's your view?
    a. Fermented soy found in Asia can be good in very small quantities – a teaspoon a day
    b. However, the majority of soy products found in The West contain Isoflavones – a phytoestrogen. Whilst some argue that these phytoestrogens are good at counter-acting the effects of oestrogens, the majority of soy products in the West, are unfermented and these phytoestrogens play a negative part to your hormones and can affect your reproductive system. Two excerpts from **The Diet Solution Program**:

"Figures from the Swiss Federal Health Service indicate that, every day, an infant fed soy formula receives an amount of eostrogen equivalent to that found in three to five birth control pills (Daniel 2005, 331)!"

"In boys, the onset of puberty may be delayed, and paediatricians are increasingly reporting cases of emasculated boys who reach puberty with breasts and tiny penises (Daniel 2005, 370). In girls, the onset of puberty may be accelerated, and reproductive problems may occur in adulthood."

    c. Steer clear of: tofu, ready-made foods such as soy sausages, soy burgers, chicken-like soy patties, packaged soy milk and any of the following containing soy: protein powders, energy bars, veggie burgers, low-

carbohydrate pastas, and chilis as well as countless foods containing soy protein isolate, soy protein concentrate, and texturized vegetable protein.

43. How detrimental to fat loss is alcohol?
    a. This should not come as a shock, but alcohol is highly detrimental to fat loss as it comprises a ton of empty calories. I say 'empty' as your body does not require these forms of calories at all to function. The carbohydrates in alcohol are a poor form of carbohydrate which your body processes differently to healthy forms of carbohydrate; your body treats alcohol as a toxin, and your liver processes these carbohydrates before all others in an attempt to remove toxins from the bloodstream. Other calories are then stored as fat as your body senses a rise in calories.
    b. A pint of regular mid-strength beer contains 250 calories, which would take an hour on a treadmill to run off. If you consume 5 pints, that's half of the average daily calorie intake for a man (which is 2500 calories). Regular mixed drinks contain from 100-250 calories.
    c. Many forms of alcohol are high in oestrogen.
    d. Alcohol makes you crave food, and often unhealthy foods.
    e. Your mood is affected after drinking, which can affect your psychology/motivation for wanting to burn fat in the first place. You're more likely to slip back into bad routines.
    f. Keep alcohol consumption to a minimum, and cleanse your liver the next day with lemon and water / beetroot, milk thistle.
44. What role does your liver play in fat loss?
    a. The liver is the major fat burning organ in the body by regulating fat metabolism through a complicated set of biochemical pathways. It is therefore essential to maintain a healthy liver so a proper production and/or activation of the hormones that stimulate fat burning.
    b. When the liver is overworked with toxins from, say, alcohol and poor food choices (trans fats, foreign chemicals etc) and drugs, it cannot do the hormone conversions efficiently. This means the body cannot burn fat efficiently, no matter how much exercise you may do or what other natural fat loss steps you take.
    c. In addition to activating fat-burning hormones as with thyroid hormone, the liver produces insulin-like growth factor (IGF), which is another fat-burning hormone. IGF controls blood sugar during the relatively long-period that you go without eating during sleep. When you are asleep at night, your blood sugar levels fall and the liver generates IGF to cause the fat tissues to burn fat to boost blood sugar. Again, if liver function is not as good as it should be, this hormone is not produced efficiently and you don't burn as much fat
    d. The liver can also pump excessive fat out of the body through the bile into the small intestines. If the diet is high in fibre, this unwanted fat will be carried out of the body via the bowel actions. Thus the liver is a remarkable machine for keeping body fat under control, being both a fat burning organ and a fat pumping organ.
45. What's the best way to go about your daily diet (without thinking of it as a diet)?
    a. Change what you eat, and the frequency at which you eat.
    b. Eat every 2-2.5 hours to maintain a healthy metabolism
    c. Get an idea of your calorie intake – as a pure guide, and take 80% of that as a starting point to consume less in order to lose fat – that's the only calorie counting you should do!
    d. Start taking a notice of ingredients and steer clear of vegetable oils and high fructose corn syrup, and other trans fats.
    e. Consume a good source of protein with every meal
    f. Stick to organic everything, as much as is humanly possible.

g. Vegetables are even better when they're eaten raw but that takes a little getting used to!

46. How do I stop eating chocolate and sweet things? They're addictive?
    a. This comes back to your motivation for wanting to lose fat. By reading "Adopting A Winning Mindset For Figure Gain" – hopefully you'll understand the benefits of thinking long-term instead of short-term instant gratification. New habits are formed after 21 days of consistency.
        i. Instant gratification is short-term focused and nearly always harmful to long-term goals
        ii. When you eat foods high in sugar (which counts for high GI carbs), you experience a short lived "high" from the quick injection of sugar into your blood stream which goes straight to your brain. Soon afterwards though, the insulin secreted from the pancreas (as explained in the carbs section earlier) causes cells throughout your body to draw the excess glucose from your bloodstream and store it for later use – **depriving your brain of glucose, the prime fuel for brain cells** – neurons. They then experience an energy crisis. This can lead to a low energy levels (the "low" that is experienced), weakness, confusion, inability to concentrate – and in the extreme cases, unconsciousness and hypoglycaemia!
            1. Remind yourself of that each time you're tempted to eat a chocolate bar.
            2. To add insult to injury, it's addictive, so you'll be tempted to do this all over again!
47. How do I motivate myself to continue with my fat loss goals?
    a. Write all your motivational triggers down and align them with your deepest values as per "Adopting A Winning Mindset For Figure Gain"
    b. Throw away the scales!
48. Can I take supplements to help me lose fat?
    a. You can, but changing the way you eat is much more beneficial long-term, changing habits. The only supplements I consume are green tea, and blueberries – and I consume them in their purest form, so they're not really "supplements" at all.
49. What do I do when I slip off the wagon?
    a. Get back on again! We're all human and bound to slip up occasionally. Who cares? Just get back up, dust yourself down, remind yourself of why you're wanting to get into shape and get back to your healthy lifestyle and fitness regime.
50. How can I adopt the right mindset to lose the fat and keep it off?
    a. Think long-term and focus on what you're ultimately trying to achieve.
    b. Regard fat loss as a process to reach your end goal.
    c. Write down all your reasons and motivations for getting healthy and into shape. Refer to them whenever you feel demotivated
    d. Align these reasons with your deepest values
    e. Visualise you reaching your goal shape, morning and night. Create mental movies, and imagine how amazing you'll feel, how it'll affect your health, your fitness levels, your relationships, your self-confidence, your self-esteem, social life etc.

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It's not WEIGHT Loss, It's FAT Loss!

Why is the whole world talking about weight loss, when it's actually fat loss to which people are referring?

You may think that this is just being pedantic. However, take a few minutes to understand why I have spotted some major flaws with this term – that can be harmful to your fat loss efforts. Firstly it's possible to lose "fat" and gain "weight". How? Because when you do weight training to burn fat (which you absolutely should consider if you're not doing so already), you build muscle. Muscle is more dense than fat, so you may be weighing yourself to measure progress, and be putting on "weight" but actually losing fat.

This is detrimental to your FAT loss goals for 2 main reasons;

1) If you are losing weight, it may be that you're losing muscle as well as fat – which is not good, as you need to be building muscle to burn calories (explained later). Dehydration can also lead to "weight loss" – which is terrible for your body and FAT loss efforts.
2) If you're gaining "weight", but in actual fact, losing body fat - a good thing - then this can have a harmful effect on your psychology – you'll be thinking that you're not making any progress, when in fact you are. However, you think that you're not, and this affects your motivation. When your motivation is affected, you can return to old habits and at worst give up aiming for that physique you desire.

So bin the scales! If you would like to measure results, there are better indicators to measure progress. As an example, you can measure your waist line, chest, arms, bottom etc, or use a body composition monitor. You can also take photos during the course of your fitness regime from consistent angles and distances.

I've comprised a 50 bullet point Q&A guide to fat loss: The most concise guide to fat loss that you will find on the internet.

1. Why fat loss as opposed to weight loss? Why did I come up with this?
    a. I gained 3 kilos (6.5 pounds) but my waist line shrunk and I clearly lost fat around my face, belly and chest region.
    b. I gained muscle through strength training – and muscle is denser than fat so it can weigh more.
    c. Some diet programs require you to weigh yourself at set intervals which to me seems like a ridiculous measure of your success as you could be gaining muscle through training which helps to burn off fat. If you appear to be gaining weight, or at least not losing weight (due to muscle gain) this could have a negative effect on your mind, which in turn can affect your **fat** loss goals
2. What is wrong with muscle loss?
    a. If you lose muscle mass as well as fat, you will also slow down your metabolism, or technically, your Basal Metabolic Rate (BMR) as muscle plays an important part in burning calories.
3. How does building muscle burn calories?

   a. Through damage and repair. Muscle is more metabolically active than fat. A body builder will actually burn off calories whilst he is sleeping (or she) as they have a high BMR.
4. How do you lose muscle mass?
   a. By going on typical fad diets that deprive your body **and organs** of key nutrients and a sufficient mix of protein, carbohydrates, fat and fibre
   b. By doing hours of long distance cardiovascular training not supplemented with weight training
5. How does long distance cardiovascular exercise lead to loss of muscle?
   a. Studies have shown that after about 45 minutes to an hour of training, the catabolic hormone, cortisol, is released (which is also the stress hormone) and this plays a big part in breaking down muscle protein and muscle mass.
6. How should I go about my cardio training then?
   a. Simples. Sprint. It's called High Intensity Interval Training – where you pick an aerobic exercise, say running / cycling / swimming and push yourself to full intensity/90% for 30 seconds, then rest for a minute or so at a steady pace, then crank it up again and repeat 5 or 6 times, for a **maximum 20 minutes**.
   b. It's difficult to begin with, start with 1 or 2 sprints, and build up slowly
   c. Keep steady paced / endurance cardio down to around 30 minutes.
   d. Get your heart rate up daily – fit in with your fitness levels. Don't over do it.
7. Why is high intensity training better than steady paced cardio training?
   a. You strengthen muscle, instead of lose muscle which helps to burn calories
   b. You increase your lung capacity and heart stroke volume which lowers your pulse, making you feel fitter, which in turn makes you feel more energised and happier
   c. It's less boring and takes up less time (2-3 times a week, for a maximum of 20 minutes at a time)
   d. It increases your BMR for up to 2 days afterwards, whereas steady-paced cardio increases your BMR for up to 2 hours afterwards. Therefore you burn more calories for up to **2 days after** your workout.
   e. If you do this 2-3 times a week, you're effectively increasing your metabolism 24/7.
8. I've heard that long distance cardio involves burning more calories during exercise. Is this not true?
   a. Absolutely, but after a few hours, your metabolism goes back to normal.
   b. It's good to mix it up with your cardio. Do a couple of days of steady-paced cardio (jogging, cycling, swimming, any aerobic activity) and a few days of sprints when you're feeling energised.
9. I've also heard that steady paced cardio first thing in the morning is best as you're in a catabolic state so you burn calories almost immediately?
   a. This is also true, but the catabolic state means that you also break down muscle tissue soon after you start, so it's best to have a protein intake of some kind beforehand if you do choose to do this and only continue for 20-30 minutes.
10. How does weight training burn calories?
   a. High resistance weight training damages muscle tissue
   b. Over the next few days, your body expends calories repairing muscle tissue, much the same as it does repairing a wound.

c. A few days later, your muscles go into hypertrophy phase which is when your muscles strengthen/tone/grow
d. Your body can burn calories for up to 7 days after weight training

11. I don't want to become Arnold Schwarzenegger, so how does this apply to me?
    a. By understanding the science behind muscle repair and growth, and how weight training is used for fat loss, you will become far more efficient at expending calories and burning fat
    b. You do not need to become a body builder, rather become more toned, and it increases your BMR. Women, don't be afraid!
12. What's the best way to go about weight training?
    a. Compound exercises (which span over a number of muscles) twice a week (spaced evenly apart) to allow your muscles time to repair
13. Which exercises are best at burning calories?
    a. Compound exercises using the largest muscles. Your legs comprise the largest muscles in your body so always do some form of leg exercise. Pick 2 of these, twice a week (1 x Leg and 1 x Arm each time)
        i. Barbell Squats (legs)
        ii. Dead lift (legs)
        iii. Close Grip Pull Down (upper body)
        iv. Bench Press (upper body)
14. I'll get bored of these, can you suggest some more?
    a. If you want to mix it up a bit, try the following:
        i. Lunges
        ii. Step-ups
        iii. Incline bench
        iv. Press-ups
        v. Pull-ups
        vi. Chin-ups
        vii. Push-ups
        viii. High pulls
15. How many of each, how heavy, repetitions, sets etc?
    a. Aim to do 3 sets of 8 repetitions (reps) so your last one is to failure.
    b. Adjust weights according to how strong you are, so you can manage the above.
16. I hate going to the gym. Do you have any suggestions of exercises that can be done at home?
    a. I do too. They're boring aren't they? Below is a table of the exercises I personally do at home, twice a week. Adapt the numbers to your own strength and ability:

Exercise	**Set 1**	**Set 2**	**Set 3**	**Set 4**
Bodyweight Squats	35	20	15	To exhaustion
Press-Ups	40	25	15	To exhaustion
Lunges	30 per leg	20 per leg	15 per leg	To exhaustion
Pull-Ups	10	8	6	To exhaustion
Sit-ups	40-50	30-40	20-30	To exhaustion
Plank hold	60 seconds	45 seconds	30 seconds	To exhaustion

Body Weight Squats

Press Ups

N.B. When doing press ups: Remember to keep your body as straight as possible, with your hands just over shoulder width apart. On the negative movement, lower your whole body so your nose is practically touching the floor and then fully extend. To mix up your press ups you can do one or two sets with your hands together forming a diamond. This uses a different set of muscles in your chest. Ladies generally prefer to rest their knees on the floor as it does not require as much body strength.

Lunges

Dumb Bell Lunges

Pull ups

Pull ups are very difficult. Don't be surprised if you can barely do one. However, they're an excellent way of strengthening a very wide group of muscles in your shoulders, back, biceps and stomach. This is an example pull up with arms wide apart (known as a wide-grip pull up). It can also be done with your hands just over shoulder width apart. These are said to be better for you than having your palms facing you by grabbing the other side of the bar. If you do these in the gym, there is often the option to have a counter balance – easier for ladies.

Sit ups

There is a wide range of sit ups that strengthen different sets of abdominal muscles. An abdominal ball/pilates ball is an excellent purchase if you're keen to build up your abs. They're kinder to your back and there is a wide range of abdominal workout activities you can do with it. They're also great for your posture if you sit at a desk for long periods of time!

The Plank Hold

This is excellent for your core strength. Rather than just holding in the above position for as long as you can, you can mix it up by raising each leg alternatively. You should do the plank

hold three times. As your core strength increases, you'll be able to hold this position for longer.

17. Ok, that's enough about exercise, I'm bored now. How many calories should I be consuming to lose weight?
    a. **STOP counting calories**!
       The key is to gain control of one key hormone – INSULIN and to become Insulin Sensitive.
    b. Insulin is the main fat burning hormone in your body (together with leptin) but if you don't control insulin, then it has a knock on effect on leptin.
    c. The typical Amercian or Western Diet does NOT promote Insulin Sensitivity, rather it leads to Insulin Resistance or Insulin Tolerance, which leads to all sorts of health problems including obesity, Type 2 Diabetes, high blood pressure, hyper tension, stroke, heart disease and Metabolic Syndrome. This list is not exhaustive.
18. Woah there Neil. What are you talking about?
    a. When you eat carbohydrates that are high GI (Glycemic Index), your blood sugar levels spike and the pancreas secretes **insulin** to remove the excess sugar from your blood and deposits it into fat stores – **leading to fat storage** - or in few cases, muscle glycogen stores (after an intensive workout), or liver glycogen stores.
19. What is the Glycemic Index?
    a. This was devised to treat people who suffer from diabetes and simply put, comprises 3 levels; Low, medium and high. Type 2 Diabetes can actually be cured by removing all refined and high GI carbohydrates, grains and sugars from your diet – but not many people know that. If you're interested, check out this video: https://www.youtube.com/watch?v=zjUdtK6ukqY
20. But we need carbs to give us energy. How are we meant to eat?
    a. **A slow carb (low GI) and grain-free diet / lifestyle will give you sufficient energy and turn your body into a 24-7 fat burning machine.**
    b. The typical American or Western diet includes far too may high GI and refined carbs, processed foods (also containing all sorts of nasty alien chemicals) and too much sugar. Whilst our culture leads us to believe that this is a healthy way of living, this lifestyle can lead to **Insulin Resistance and Leptin Resistance** leading to health problems mentioned above.
21. What's wrong with grains?
    a. Have you noticed how more and more people are being diagnosed with Celiac Disease – this is intolerance to gluten, the 'poison' found in wheat, rye and barley. Truth be told, our genes and digestive systems have not adapted to process grains. We started consuming them 10,000 years ago at the start of the agriculture industry, when our genes were formed around 2million years ago. They cause inflammation and insulin resistance leading to side effects mentioned above as well as Irritable Bowel Syndrome. Check out this link for more on grains: http://paleoleap.com/what-is-wrong-with-grains/.
22. How does each level of GI affect blood sugar and insulin?

a. Typically, low GI carbohydrates maintain steady blood sugar levels, whereas those which are high GI, cause blood sugar levels to peak, and thus an insulin release which leads to fat storage

23. So which carbohydrates are high in Hi GI and which are low GI?

HIGH GI CARBOHYDRATES	LOW GI CARBOHYDRATES
White Potatoes	Sweet Potatoes & Yams
White & Brown Pasta	Brown pasta is lower than white, but still derived from a grain
	All fresh vegetables other than white potatoes
White & Brown Bread (brown is better if you must eat it)	Brown bread is lower GI but a grain and still relatively high GI
White & Brown Rice	Brown rice is better but a grain and still relatively high GI
Fruits: Melons, Pineapples, papayas, mangoes, Bananas	Fresh fruits: Berries, cherries, apples, pears, grapefruit, apricots and peaches, figs

24. I've heard that brown bread is healthy, and many breakfast cereals say they're whole grain, so surely they're good for me?
    a. Regarding brown / granary bread, it's certainly much healthier than white with more fibre, and few artificial flavours, sugars and preservatives, but is still a high GI carb, meaning consumption of such **raises blood sugar levels, particularly when eaten in isolation**
25. What do you mean by eating 'in isolation?'
    a. The GI Index relates to the carbohydrate source when consumed by itself. If you combine it with some kind of protein, healthy fat and/ or fibre, you can help to regulate blood sugar levels.
        i. For example – bananas are a very healthy fruit and high in fibre, so combine one with nuts (high in protein) and cottage cheese (high in protein) for example.
        ii. You could start off the day with a piece of whole grain toast (which is high GI and not ideal as it's grain derived) but combine it with organic free range eggs for example, and this will help to lower your blood sugar response.
26. Protein? At breakfast?
    a. Whilst it's natural to reach for the cereals or bread, you'll burn fat more quickly, by sticking to a protein breakfast and **get your carbs from fruit and vegetables**.
    b. Most breakfast cereals are 'fast carbs' meaning they give you a quick boost of energy, and raise your blood sugar levels so it's best to avoid these and consume some kind of protein.
    c. Kick-start your day an omelette for examples, with a selection of good high quality vegetables like onions, mushrooms, broccoli, spinach. It will fill you up and not give you the sugar high and low and hunger pangs that typical breakfast cereals leave you with.
27. Is there ever a good time to eat high GI foods?
    a. Yes, such as bananas straight after you have done an intensive workout, when your muscle glycogen stores are depleted, so insulin secreted in

response to a high GI carbohydrate meal will push the excess blood sugar and other nutrients into your **muscle cells**. This helps promote muscle protein synthesis (recovery).

28. What's all the hype about organic food?
    a. Organically raised food (meat, diary, produce, grains, etc.) is produced without the use of pesticides, fertilisers, hormones, antibiotics or other horrific and poisonous artificial chemicals.
    b. If you want to lose stubborn body fat, then do your utmost to base your diet around as much organic food as possible
29. But organic food is so expensive?
    a. In the US, conventionally raised cows are fed growth hormones. These growth hormones, high in oestrogen, fatten up the cows. This oestrogen is passed through to the meat that you eat and the milk that you drink, which then affects the balance of hormones in your body
    b. If the animals are not fed with growth hormones (It's illegal in Europe), they are fed grains (which they weren't designed to eat) and these are high in **xenoestrogens** (oestrogen-mimicking compounds) which again, lead to an imbalance of hormones in your body, namely excess oestrogen – which makes it very hard to shift fat.
    c. Pesticides and fertilisers which animals feed on, often contain **oestrogenic compounds** which can lead to an imbalance of hormones in your body, namely too much oestrogen – not good for women, as well as men
    d. Excess oestrogen has been linked to many forms of cancer including breast cancer which is on the rise at an alarming rate, an increase in the cases of 'man boobs' (also on the rise at an astonishing rate – now the no. 1 cosmetic surgery performed on men) and men's sperm counts over the last 50 odd years have also dropped considerably due to excess oestrogen.
    e. I hope I've summarised why it's absolutely worthwhile to spend that little extra on organic food. It may end up costing you fat more in later years, and not just money.
30. But I'm a woman, why will an excess in oestrogen affect me?
    a. As already mentioned, excess oestrogen has been linked to many forms of cancer including breast cancer.
    b. Excess oestrogen throws off the oestrogen and progesterone balance in women which creates metabolic problems and leads to the storage of stubborn belly fat
    c. Women with excess oestrogen suffer breast tenderness
    d. Excess oestrogen can induce the early onset of periods in teenage girls and affect the monthly cycle
31. The thought of oestrogen in foods is a very scary thought. I've heard that it's in the water supply, is this true?
    a. Depending on where you live, yes, this is can be true. This is due to the above, as the waste from animals makes its way through to lakes and rivers, but largely down to the female contraceptive pill. The majority water purification centres do not have the capability of removing the oestrogen from the water, so this is circulated through to the water that we drink.
    b. Fish and frogs are reported to be changing sex in lakes and rivers, crocodiles' penises are reported to be shrinking – whilst their lives are spent in water, you can begin to understand the effect it can have – **and is having** - on humans.
        i. My suggestion – invest in a Reverse Osmosis Water filter for your home. [1]

[1] http://www.scientificamerican.com/article/birth-control-in-water-supply/

32. I guess bottled water is the way forward then?
    a. It's not as simple as that unfortunately, as many polycarbonate containers release 'phthalates' into the contents which are oestrogenic chemicals, especially when warmed up, **unless they are BPA (Bisphenol A)free – look out for that.**
    b. Purchase a reverse osmosis water filter and fit it in your home as this appears to be the only kind of filter that extracts the oestrogen from the water
    c. Drink water from bottles, a Camelbak, Sagg or anything **BPA-free**.
33. It sounds virtually impossible to escape oestrogenic compounds. Can anything be done to fight them?
    a. Great question. Yes they can; there are various vegetables known to comprise indole-3 Carbinole (IC3) , which are excellent oestrogen inhibitors;
        i. Cruciferous vegetables (the cabbage family): broccoli, bok choi, collard greens, brussels sprouts, radishes, cauliflower, kale, kohlrabi and rutabagas
        ii. Fibrous foods reduce the time the bowel has to absorb oestrogens in food. It also binds itself to oestrogen in the gut and removes it from the body. Almost all types of fruits and vegetables are high in fibre, particularly in the skins of fruits.
        iii. Beans, legumes, garlic and onion contain methionine which is reported to transfer oestradiol, to oestriol - a weaker form of oestrogen
        iv. Spices – namely Turmeric and black pepper are proven to reduce the effects of oestrogen in the body. Turmeric, which contains curcumin blocks oestrogen receptors, so lowers the chance of absorption
34. How else can I reduce exposure to oestrogen?
    a. Look out for creams, shampoos, shower soaps and deodorants that contain parabens. These contain oestrogen-mimicking compounds or xenoestrogens and the skin absorbs them, much like your stomach.
35. Earlier you included fats as part of your body's requirements (along with carbohydrates, proteins and fibres). I thought fat was bad. How are fats, healthy?
    a. Your body needs **healthy fats** to function properly and there are a number of healthy fats derived from plants and **grass fed** animals
        i. Healthy
            1. Plant bases fats – if they are **minimally processed**
                a. Saturated fat**: coconut oil, palm oil or cocoa butter** = good
                b. Monounsaturated fat (not reactive to light): **avocado, extra virgin olive oil (at low heat), almonds, macadamia**s = good
                c. Polyunsaturated fats in **raw** form – nuts and seeds **= good**
            2. Animal – from grass fed meats / organically raised animals
                a. Polyunsaturated **- some forms** are healthy, such as those derived from **wild** fish including Omega-3 and Omega-6 – the "essential fatty acids". **Farm-raised fish** are found to comprise an unhealthy ratio of Omega-3 to Omega-6, in that they are too high in Omega-6. **The same goes for eggs – pick organic.**
                b. Polyunsaturated fats are unstable under heat and light so the best form of such are from carefully extracted fish oil, namely **Krill Oil**.
                c. Freshly ground **flax seeds, fish oil, wild salmon, other wild fatty fish** and **grass feds meat** are all a great way of maintaining a healthy Omega-3 to Omega-6 polyunsaturated balance.

ii. Unhealthy

1. The two hidden enemies of fats are high fructose corn syrup (HFCS) and trans fats; They're both highly modified from their natural state and must be avoided at all costs.
    a. HFCS is found in most sweetened products on the market; sodas, breakfast syrups, fruit juices, ketchup, sweetened cereals, cakes, cookies , cakes, pasta sauces, barbeque sauces. Look out for it in the ingredient and steer clear!
    b. Trans fats are **hydrogenated oils, margarine**, shortening. The hydrogenated process completely alters the chemical make-up through bleaching, extreme temperature, pressure, and metal catalysts making their natural state similar to an industrial oil rather than to be an oil to be consumed as food. Vegetable oils are mostly hydrogenated oils. Most processed foods contain hydrogenated oils and preservatives so (again) avoid these like the plague as well as chips, crisps, anything cooked in batter – PURE EVIL!! Do away with margarine and eat pure, organic butter, instead.
2. Polyunsaturated – soybean, corn, cottonseed oils – be careful as these have led to heart problems and obesity
3. Polyunsaturated fats are highly reactive to heat and light and become toxic when heated – typical of most processed foods on the market today. **Steer clear of processed foods!!**

36. Which oils should I cook with then?
    a. Different oils react differently heat. Typically coconut or palm oil or butter are better if you're cooking up to 375 degrees. If you can avoid frying, and stick to grilling, steaming or boiling, that would be healthier still.
    b. If you're consuming them raw, then extra virgin olive oil is best and it contains antioxidants as well. One or two teaspoons goes along way on salads.
37. What's the truth about dairy?
    a. Milk from all large supermarkets and grocery stores, goes through homogenisation and pasteurisation.
    b. Milk fat is a very healthy natural fat, but ONLY when it's in the form of raw whole milk from grass-fed free range cows. Unfortunately, pasteurising and homogenising the milk fat (heating it and breaking it up into very small particles, respectively) removes the very healthy components of raw milk and this is believed to result in negative effects in the body.
    a. Stick to organic milk, skimmed milk as much as possible unless you can find raw milk
    b. If you want to go one step further, avoid dairy all together and stick to milks like almond or coconut milk. Human breast milk is designed to help baby humans grow fast and give them all the right nutrients. Similarly, cow's milk was designed to make their young COWS grow fast with all the right nutrients. More and more studies are showing that cow's milk can lead to all sorts of health problems in later life. It makes sense – it was designed for cows, not humans!!
38. What about other forms of dairy, like yogurt?
    a. Yogurt, cottage cheese (also great form of protein), ricotta cheese, and other cheeses are healthier forms of dairy but consume sensibly.
    b. Yogurt contains live cultures of *acidophilus* and B*ifidus*. These are "good" bacteria and beneficial to the colon. These friendly bacteria are necessary to

produce several vitamins and for healthy digestion. They also help to prevent and treat yeast infections.

c. Most people who are lactose-intolerant (cannot digest milk) can consume yogurt with no negative effects. Yogurt is digested more easily than milk because the live cultures create lactase, the enzyme that lactose-intolerant people lack.
d. Yogurt can only be as healthy as its source. When buying yogurt, always choose an organic brand, which will be free of antibiotics and rBGH (a **cow** growth hormone). Also pay close attention to the sugar content. Plain yogurt will have the lowest sugar content, and fruit-added or sweetened yogurt will have the greatest amounts.

39. Is there anything natural I can take to help with my fat loss efforts?
    a. Green tea and Oolong tea; I'm a huge advocate of green tea since reading Mike Geary's **Truth About Abs** and other credible sources such as the Mark's Daily Apple and PsychologyToday.com. In fact, I think I should be sponsored by all makers of green tea as I preach about it so much and hardly drink normal tea or coffee anymore. Five reasons to drink green tea and oolong tea:
        i. It lowers the rate at which your body absorbs carbohydrates, thus helps to maintain healthy blood sugar levels, and reduces insulin spikes
        ii. It boosts your metabolism
        iii. It's an excellent antioxidant – natural colon cleanser
        iv. It converts fat to energy, which means that it helps to burn fat
        v. Reduces the effects of oestrogen
    b. As well as for fat loss, green tea has other added benefits;
        i. Studies have shown that it can help prevent neurological degenerative disorders such as Alzeimers
        ii. It improves your memory and concentration
    c. Drink green tea every morning first thing and include it with every meal until about mid-afternoon so it doesn't affect your sleep (as it contains caffeine)
    d. Steer clear of green tea supplements – what's the point when you can make it cheaply and easily – always go organic and with leaves if possible.
    e. There are more natural foods to help burn fat, such as acai berries and blueberries.
40. What role does water play in fat loss?
    a. 4 reasons to drink lots of water:
        i. It helps your body metabolise stored fat
        ii. It's essential in ridding your body of waste
        iii. It's a natural diuretic
        iv. It's a natural laxative
41. I've heard mixed views about Soy, what's your view?
    a. Fermented soy found in Asia can be good in very small quantities – a teaspoon a day
    b. However, the majority of soy products found in The West contain Isoflavones – a phytoestrogen. Whilst some argue that these phytoestrogens are good at counter-acting the effects of oestrogens, the majority of soy products in the West, are unfermented and these phytoestrogens play a negative part to your hormones and can affect your reproductive system. Two excerpts from **The Diet Solution Program**:

"Figures from the Swiss Federal Health Service indicate that, every day, an infant fed soy formula receives an amount of eostrogen equivalent to that found in three to five birth control pills (Daniel 2005, 331)!"

"In boys, the onset of puberty may be delayed, and paediatricians are increasingly reporting cases of emasculated boys who reach puberty with breasts and tiny penises (Daniel 2005, 370). In girls, the onset of puberty may be accelerated, and reproductive problems may occur in adulthood."

c. Steer clear of: tofu, ready-made foods such as soy sausages, soy burgers, chicken-like soy patties, packaged soy milk and any of the following containing soy: protein powders, energy bars, veggie burgers, low-carbohydrate pastas, and chilis as well as countless foods containing soy protein isolate, soy protein concentrate, and texturized vegetable protein.

42. How detrimental to fat loss is alcohol?
    a. This should not come as a shock, but alcohol is highly detrimental to fat loss as it comprises a ton of empty calories. I say 'empty' as your body does not require these forms of calories at all to function. The carbohydrates in alcohol are a poor form of carbohydrate which your body processes differently to healthy forms of carbohydrate; your body treats alcohol as a toxin, and your liver processes these carbohydrates before all others in an attempt to remove toxins from the bloodstream. Other calories are then stored as fat as your body senses a rise in calories.
    b. A pint of regular mid-strength beer contains 250 calories, which would take half an hour running on a treadmill to run off. If you consume 5 pints, that's half of the average daily calorie intake for a man (which is 2500 calories). Regular mixed drinks contain from 100-250 calories.
    c. Many forms of alcohol contain oestrogen.
    d. Alcohol makes you crave food, and often unhealthy foods so you consume more unnecessary calories (which you don't want to be counting!)
    e. Your mood is affected after drinking, which can affect your psychology/motivation for wanting to burn fat in the first place. You're more likely to slip back into bad routines.
    f. Keep alcohol consumption to a minimum, and cleanse your liver the next day with lemon and water / beetroot, milk thistle.
43. What role does your liver play in fat loss?
    a. The liver is the major fat burning organ in the body by regulating fat metabolism through a complicated set of biochemical pathways. It is therefore essential to maintain a healthy liver so a proper production and/or activation of the hormones that stimulate fat burning.
    b. When the liver is overworked with toxins from, say, alcohol and poor food choices (trans fats, foreign chemicals etc) and drugs, it cannot do the hormone conversions efficiently. This means the body cannot burn fat efficiently, no matter how much exercise you may do or what other natural fat loss steps you take.
    c. In addition to activating fat-burning hormones as with thyroid hormone, the liver produces insulin-like growth factor (IGF), which is another fat-burning hormone. IGF controls blood sugar during the relatively long-period that you go without eating during sleep. When you are asleep at night, your blood sugar levels fall and the liver generates IGF to cause the fat tissues to burn fat to boost blood sugar. Again, if liver function is not as good as it should be, this hormone is not produced efficiently and you don't burn as much fat
    d. The liver can also pump excessive fat out of the body through the bile into the small intestines. If the diet is high in fibre, this unwanted fat will be carried out of the body via the bowel actions. Thus the liver is a remarkable machine for keeping body fat under control, being both a fat burning organ and a fat pumping organ.
44. What's the best way to go about your daily diet (without thinking of it as a diet)?

a. Go primal – avoid grains (wheat, bread, pasta, rice, barley), stick to a slow carb diet (low GI) with lots of organic protein, avoid unnatural refined sugar as much as possible. **You'll burn fat fast and have more energy**. Initially you'll feel hungry but your body quickly adapts.
b. Think long-term rather than short-term. A minute on the lips (when eating a chocolate bar) is a lifetime on the hips. Is it really worth it for that short burst of enjoyment?
c. Start taking a notice of ingredients and steer clear of vegetable oils and high fructose corn syrup, and other trans fats.
d. Consume a good source of protein with every meal
e. Stick to organic everything, as much as is humanly possible.
f. Vegetables are even better when they're eaten raw but that takes a little getting used to!

45. How do I stop eating chocolate and sweet things? They're addictive?
    a. This comes back to your motivation for wanting to lose fat. By reading 'Fat Loss Motivation – Know Your Reasons, Achieve Your Outcome' – hopefully you'll understand the benefits of thinking long-term instead of short-term instant gratification. New habits are formed after 21 days of consistency.
        i. Instant gratification is short-term focused and nearly always harmful to long-term goals
        ii. When you eat foods high in sugar (which counts for high GI carbs), you experience a short lived "high" from the quick injection of sugar into your blood stream which goes straight to your brain. Soon afterwards though, the insulin secreted from the pancreas (as explained in the carbs section earlier) causes cells throughout your body to draw the excess glucose from your bloodstream and store it for later use – **depriving your brain of glucose, the prime fuel for brain cells** – neurons. They then experience an energy crisis. This can lead to a low energy levels (the "low" that is experienced), weakness, confusion, inability to concentrate – and in the extreme cases, unconsciousness and hypoglycaemia!
            1. Remind yourself of that each time you're tempted to eat a chocolate bar.
            2. To add insult to injury, it's addictive, so you'll be tempted to do this all over again!
46. How do I motivate myself to continue with my fat loss goals?
    a. Write all your motivational triggers down and align them with your deepest values as per "Adopting A Winning Mindset For Figure Gain"
    b. Throw away the scales!
47. Can I take supplements to help me lose fat?
    a. You can, but changing the way you eat is much more beneficial long-term, changing habits. I supplement with green tea and protein shakes – so my workouts are more effective. Muscles need feeding after they're torn during a workout! I use Biotrust Low Carb. You'll see why I chose this brand when you watch their video.
48. What do I do when I slip off the wagon?
    a. Get back on again! We're all human and bound to slip up occasionally. Who cares? Just get back up, dust yourself down, remind yourself of why you're wanting to get into shape and get back to your healthy lifestyle and fitness regime.
49. How can I adopt the right mindset to lose the fat and keep it off?
    a. Think long-term and focus on what you're ultimately trying to achieve.
    b. Regard exercise and fat loss as a fun process to reach your end goal that will make you feel amazing.

c. Write down all your reasons and motivations for getting healthy and into shape. Refer to them whenever you feel demotivated
d. Align these reasons with your deepest values
e. Visualise you reaching your goal shape, morning and night. Create mental movies, and imagine how amazing you'll feel, how it'll affect your health, your fitness levels, your relationships, your self-confidence, your self-esteem, social life etc.

50. One last tip?
    a. If I could summarise everything in this short summary. I'd say go primal, read Mark Sisson's Primal Blueprint for more information. Eat as our ancestors did before the introduction of processed foods and refined carbohydrates. Avoid wheat and dairy and move your body daily. Our bodies were designed to move, yet no one moves anymore. Sprint twice a week, at least once, and do steady paced cardio for 20-30 minutes on days you're not doing interval training or weight training.
    b. One rule of the universe is that living things either grow or they die. This goes for our mind and bodies; all of our organs, our bones, our muscles, veins, arteries, ligaments, cartilage and tendons etc. If you don't use them, they weaken. Use them, to strengthen and live life to the full.
    c. Break away from the culture and choose life. Be fit. Be fulfilled.

References

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